

Berkshire Nautilus

Aerobic /Exercise Class Schedule

23-Sep

42 Summer St., Pittsfield MA 499-1217

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:00 AM	Serious Cycle		Serious Cycle		Serious Cycle	▶ W E K E N D ▶	8:00	8:00
	5:15-Boot Camp		5:30-Boot Camp		5:15-Boot Camp			
6:00 AM	Serious Cycle	Serious Cycle	Serious Cycle	Serious Cycle	Serious Cycle		8:00-Yoga	8:00-Sculpt
		Cardio Weights		Sculpt+Strong			8:00-S. Cycle	8:00-S. Cycle
8:30AM	Yoga	Basic Weights	Pilates	All About Core	Strong		9:00-Boot Camp	9:00 -Strong
					Cardio Sculpt			
9:30 AM	Cardio Weights	Yoga	Boot Camp	Yoga	Yoga		10:00-Strong	10:00-S. Cycle
		MIT		Boot Camp 101	Serious Cycle			
12:00 PM	Boot Camp	Serious Cycle	Yoga	Serious Cycle	Boot Camp		11:00 Zumba Toning	11:00-Yoga
	Serious Cycle		MIT					
4:30 PM	Sculpt	Boot Camp	Sculpt	HIIT	Strong			
		4:30 S.Cycle			Serious Cycle			
5:30 PM	Zumba	Yoga	5:00 S.Cycle	Yoga				
	Serious Cycle		Zumba					
6:30 PM		Pilates						